

Self Defense For Adults

A knowledge of self defense techniques, such as blocking, kicking, and punching will enable you to defend yourself against aggressive holds and violent strikes. Improve your coordination, physical fitness and overall level of self-confidence. Defend yourself on the street and be prepared in threatening situations. Learn how to identify and avoid those areas of potential danger. A knowledge of self defense techniques could save your life !

Mon. Feb 10 - March 24
7-8:30pm
\$35 class fee

Tues. March 18- April 22
7-8:30pm
\$35 class fee

Street Smart Training for Kids

Learn the background and basics of martial arts forms and defensive moves. This class is geared to develop concentration, coordination, physical fitness and overall level of self-confidence. Learn how to identify and avoid those areas of potential danger and elevate your kids from dangerous situations.

Mon. Feb 10 - March 24
6-7pm
\$35 class fee

Self Care of the Back & Neck Stress Relief

Learn some techniques to release the chronic patterns of tension and stress that are caused by everyday life. This course will teach gentle Trager and Felden Krais exercises to develop postural awareness and reduce stress. Learn to control the effects that life's elements place on you and your body. A great class to allow you to help yourself !

Wed. Feb 5 - March 19
6-7:30pm
\$30 class fee

Yoga

Learn Yoga for a holistic approach to health and fitness. This beginning class explores various postures, using natural breath as a guide to greater ease and expression. The practice of yoga has been found to steady the mind, calm the emotions, and tone the body. This class covers the basic elements of yoga and includes stretching postures, breathing, meditation, flexibility, balance and relaxation.

Yoga I Session A
T/Th, Feb 4 - March 20
5:30-7pm

Yoga I Session B
T/Th, March 25 - May 1
5:30-7pm

Yoga II Session A
T/Th, Feb 4 - March 20
7-8:30pm

Yoga II Session B
T/Th, March 25 - May 1
7-8:30pm
\$55 Class Fee

Tai Chi Chuan

Tai Chi Chuan, the complete and authentic presentation, is an effective way to improve health, develop and enhance your sense of self-awareness, confidence, and inner strength. Tai Chi Chuan is a gentle martial art that integrates mind, body and spirit through a holistic system of physical training and meditation. An excellent skill developing class.

M/W, Feb 3 - March 19
8:15-9:45pm

M/W, March 31 - May 7
8:15 - 9:45pm
\$55 class fee

Tai Chi Chin

Tai Chi Chin, the short cut version of the authentic, is an effective way to introduce you to the world of Tai Chi at a much slower pace. This course covers simplified, basic movements and postures and is conducted in a relaxed learning situation for those of all ages.

Mon. Feb 3 - March 17
6-7:30pm
\$30 class fee

Tae Kwon Do

Tae Kwon Do is the national martial art of Korea and is currently practiced and respected worldwide. A practical and expedient martial arts class for adults 16+ years only. Tae Kwon Do stresses inner discipline, respect, mental conditioning, concentration, classic forms, and development.

Section A
T/Th, Feb 4 - March 20
6:30-7:30pm

Section B
T/Th, Feb 4 - March 20
7:30-8:30pm

Section C
T/Th, March 25 - May 1
7:30 - 8:30pm
\$40 class fee

Tae Kwon Do Kids Only

This special class is designed especially for kids. Develop personal discipline, concentration and the basic Tae Kwon Do forms needed to be successful in a martial arts program. Introduce children to the world of Tae Kwon Do as both a physical and mental activity. Select the day of the week that best fits into your schedule.

Session I Feb 3 - March 28
Session II March 31 - May 16
\$45 Class Fee

Mon. 4-5pm
College Hills Elem School

Tues. 4-5pm
Southwood Valley Elem School

Wed. 4-5pm
South Knoll Elem

Thurs. 4-5pm
Rock Prairie Elem School

Fri. 4-5pm
Pebble Creek Elem School

Image & Style

Do you desire to be "all that"? Learn to create your own image with personal style, wardrobe and customized skin care. Class will utilize a computerized image profile system to help with accessory or clothing decisions, and enable you to inexpensively update your existing wardrobe.

T/Th, Feb 25 - March 20
6:30-7:30pm
\$20 class fee